

# Among Friends



**Fond du Lac Senior Center ...where friends meet!**

## AUGUST 2015

Proudly serving the seniors in the Fond du Lac community for almost 50 years!



**And the winner is...  
Be the first to know by  
attending our annual  
Summer Social and Raffle!**



**Wednesday, September 2; 1:00-3:00 p.m.  
Lakeside Park Pavilion**

- Car Show 1:00-3:00 p.m.
- Sock Hop 1:30-2:30 p.m.  
Music by Record Entertainment
- Raffle Drawing 2:30-3:00 p.m.
- Fun Contests & Prizes including:
  - oldest yearbook
  - best 50's male and female outfit
  - dance contests
- Dilly Bars

Provided by Fond du Lac Avenue Dairy Queen  
**\$3 gets you into the sock hop, car show, raffle  
announcement and a Dilly Bar. Pre-registration is  
required. Sign up at the Senior Center today!**

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Fond du Lac Avenue



# Cathy's Corner



A Free Monthly Publication  
Vol. 6 • No. 8

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## Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone ..... (920)322-3630

Email..... [cloomans@fdl.wi.gov](mailto:cloomans@fdl.wi.gov)

Hours..... M-F 8:00 a.m.- 4:30 p.m.

*The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Visit us online at [www.fdlseiorcenter.com](http://www.fdlseiorcenter.com) Facebook.com/FondDuLacSeniorCenter*

## Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.



Hi All~

In case you didn't know, customer service is one of my "things". I appreciate good customer service and if I happen to receive GREAT customer service, I try to let someone in management know. The same is true if I receive poor customer service; I usually try and talk to a manager. The reason that I do this is because I don't think it is fair to talk about a bad experience or to stop patronizing a business without letting the business know and giving them an opportunity to improve. I'm a firm believer that you can only improve on things if people bring them to your attention.



Why am I talking about this? Because I believe it is very important for us to give good customer service. One of our staff members was on vacation a couple of weeks ago and when she returned she had a list of things that she noticed that were different than before she left. After thinking about it, I realized that most of the things on her list were part of what I feel is good customer service. Maybe you have noticed a few of them.

We have put calendars up outside of each of our rooms. Each room's calendar shows what events are going on in that room for that week. I believe these calendars will serve a couple of purposes. They will help participants find the room for a particular class, event or activity. They will also let people see the large variety of things that go on each day at the Center. The calendars are also available for the receptionists at the front desk so that are easily able to provide answers to anyone who may be looking for information.

One of the other more noticeable things are the cement barriers in the parking lot. From my first day here, I have watched people – most of whom were not participants at the Center – drive the wrong way through the pass-through between the front and back of our Center. I asked the city to repaint the lines and arrows, hoping that the reason people were going the wrong way was because the arrows were faded. Unfortunately, that didn't seem to make a difference. Because I was very concerned that someone in the front parking lot was going to be hit by a vehicle going the wrong direction, the decision was made to block off the area to prevent vehicle traffic. The cement blocks will eventually be replaced with something a little more aesthetically pleasing.

How is this related to customer service? Because to me, keeping the Center safe and welcoming is good customer service. I've said it before - I think we are doing wonderful things here! But that doesn't mean that there isn't always room to improve. Like Walt Disney said, "Do what you do so well that they will want to see it again." Come and see what we are doing!



# Fundraiser

Help us help you . . .

## Buy Kwik Trip Cards at the Center!

For every \$25 card you buy, up to \$3.75 comes back to the Senior Center to help support the operation of the Center. We earn 5% on gas purchases and 10% on in-store purchases when you use Kwik Trip cards purchased here.

Cards can be used at the pumps for gas or for any in-store purchase (excluding money orders).

Great for your everyday needs, including gas,

milk, bread, bananas, potatoes, etc. and they make great gifts, especially for teen drivers!



Purchase your Kwik Trip cards at the This 'n That Craft & Gift Shoppe inside the Senior Center.



### Newsletter Crew

Editor..... Cathy Loomans  
Coordinator.....Joan Brezinsky  
Mail Crew.....20+ volunteers!

### Newsletter Deadline

The deadline to submit something for the September *Among Friends* newsletter is Friday, August 7, 2015. Please submit information to Joan Brezinsky.

### Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10-9:25 a.m. for the Senior Center update.

Cathy Loomans, Senior Center Director, is the guest of Wade Bates on his *After Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

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3



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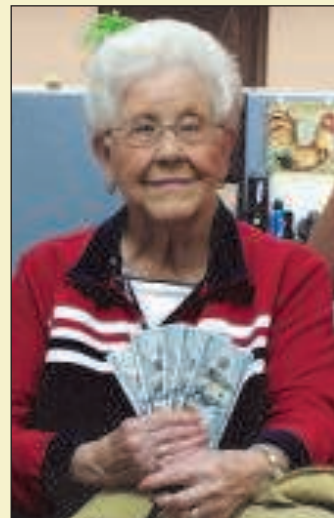


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# Raffle News

**Win your share of over  
\$4,000 in cash and prizes!**



## Raffle items include:

- **\$500 Cash** J.F. Ahern
- **\$400 Cash** Zacherl Funeral Home
- **5 Brewers Tickets with Parking** - value \$305 Mi-Tech Services
- **4 Rounds of Golf** - value \$250 South Hills Golf & Country Club
- **\$200 Cash** TTI Trucking
- **Sterling and Diamond Pendant** - value \$195 The Goldsmith
- **Stainless Cross and Chain** - value \$195 The Goldsmith
- **6 Mo. Membership** - value \$180 LH&HS Wellness Center
- **Night Stay** – value up to \$140 Holiday Inn, FDL
- **4 Brewers Tickets** – value \$100 KFIZ
- **\$100 Cash** Michels Corporation
- **\$100 Cash** Uecker-Witt Funeral Home
- **\$100 Kwik Trip Gift Card** Fox Valley Savings Bank
- **Mary Kay Basket** – value \$100 Jana Secord
- **Painting** – value \$85 Lisa Ritchie
- **\$75 Gift Certificate** CW Smith Jewelers
- **4 Rounds of Golf** – value \$72 Oakgreen Golf Course
- **1 Friday Fish, 10 Free Games Bowling** – value \$62 Ledgeview Lanes
- **Handmade Quilts** – value \$50 each Flying Geese Quilt Club, and Nan Schroeder
- **Handmade Quilt** – value \$50 Sunset Stitchers Quilt Guild
- **\$50 VISA Gift Card** – National Exchange Bank & Trust
- **\$50 Cash** Ottery Transportation
- **\$50 Cash** Tim Cruz, American Family Insurance
- **Titletown's MVP Quarterbacks Plaque** – value \$50 Fond du Lac Glass & Framing
- **6 Movie Passes** – value \$48 FDL Sheriff's Department
- **Small Hope Chest** – value \$45 Waupun Correctional Institution
- **\$40 Gift Certificate** Krail Jewelers
- **Watkins Sampler Basket** – value \$40 Bob Hanke
- **\$25 Gift Certificate (4)** A&E Jewelers
- **\$20 Gift Certificate (2)** Country Visions Co-op
- **\$35 Gift Certificate** Northwinds Supper Club
- **\$25 Gift Certificate** Wood Sampler
- **\$25 Gift Certificate** Silica Appliance
- **\$20 Gift Certificate** Cobblestone Hair Studio
- **\$20 Gift Certificate** Pick N Save
- **\$20 Gift Certificate (2)** Techniques Salon
- **30 Minute Massage** – value \$38 Haven Salon
- **\$35 Gift Certificate** J&K Alignment
- **\$25 Gift Certificate** Wood's Floral & Gifts
- **\$20 Gift Certificate** Festival Foods
- **\$20 Gift Certificate** Personal Touch
- **\$20 Gift Certificate** Fred's Fastrac

Numerous prize packages featuring gifts from: Action/Reporter Media, Blanck's Lake Aire, Model Cleaners, Jet Stream Car Wash, Pump & Pantry, Schreiner's, Backyard Grill, Red Cabin at Green Acres, Blanck's in Johnsburg, Domino's Pizza, Fat Joe's, and MORE PRIZES COMING IN EVERY WEEK! Watch future newsletters for updated list or see the complete list at the Senior Center.

**Thank you for your support!**



# Programs & Activities



## SHOW YOUR TEAM SPIRIT!

Wear your green and gold on game days or the Fridays before games.

### 2015-16 Game Schedule:

Thursday, August 13 at New England Patriots  
 Sunday, August 23 at Pittsburgh Steelers  
 Saturday, August 29—Philadelphia Eagles  
 Thursday, September 3—New Orleans Saints  
 Sunday, September 13 at Chicago Bears  
 Sunday, September 20—Seattle Seahawks  
 Monday, September 28—Kansas City Chiefs  
 Sunday, October 4 at San Francisco 49ers  
 Sunday, October 11—St. Louis Rams  
 Sunday, October 18—San Diego Chargers  
 Sunday, October 25—Bye  
 Sunday, November 1 at Denver Broncos  
 Sunday, November 8 at Carolina Panthers  
 Sunday, November 15—Detroit Lions  
 Sunday, November 22 at Minnesota Vikings  
 Thursday, November 26—Chicago Bears  
 Thursday, December 3 at Detroit Lions  
 Sunday, December 13—Dallas Cowboys  
 Sunday, December 20 at Oakland Raiders  
 Sunday, December 27 at Arizona Cardinals  
 Sunday, January 3—Minnesota Vikings



Enjoy a sweet afternoon of fun with your grandchildren!

## Candy Bar Bingo

Thursday, August 27; 1:00—2:00 p.m.

This special bingo event is open to all seniors and their grandchildren, great-grandchild or other special child. All sizes of candy bars will be awarded as prizes. Cookies and lemonade will be served.

Call 322-3630 before Thursday, August 6 to register.



## WHEN I'M 65

Thursday, August 20

1:00 p.m.

Julie Hilbert, Benefit Specialist  
 FDL County Dept. of Senior Services



Are you nearing the age of retirement and wondering what impact turning 65 will have on you? Learn the various parts of Social Security and Medicare, what choices you need to make when you become eligible, and what the timelines are for those choices. This program is not just for those turning 65—but for anyone who has benefit concerns or questions. Call the Senior Center at 322-3630 to register.

## Group Discussion with Andrea “ASSERTIVENESS”

Tuesday, August 18; 3:15 p.m.

Come and join this month's discussion group facilitated by Andrea Mitchell, Older Adult Counselor with Lutheran Social Services. Our topic will be “Assertiveness”.



Assertiveness is the healthy place between being aggressive and being a doormat. Learn how to be assertive at this month's discussion group.



For more information or to register for this group discussion, call 322-3630.



## Seeking Wii Bowlers for the 2015-2016 Season

Grab your friends and form a team!

Four people per team. Subs are also needed. Bowl every Friday, 12:30—3:00 p.m. September—March. Call Darlene Lyness at 238-9886 for more details.

# Programs & Activities



## Coffee & Conversation

First Friday of every month

Friday, August 7

Friday, September 4

8:00–10:00 a.m.

Join your friends at the Senior Center the first Friday of every month from 8-10 a.m. for coffee, donuts and good conversation.

## FREE JAM SESSION!

Tuesday Evenings

August 4, 11, 18, 25, September 1

7:00–9:00 p.m.

Fond du Lac Senior Center

Bring your own ax or voice and we will chop some sounds! No boos allowed.

Some instruments will be available at the Senior Center to loan. Donations appreciated.



**Public Invited!**

## OUTDOOR GAMES

We will be playing Bocce Ball, Corn Hole, and Washer Box on the grounds of the Senior Center! Form a team or play



one-on-one. Come play anytime 9 a.m.–4 p.m. on days the Center is open and the weather cooperates. Call the front desk at 322-3630 to reserve the game

equipment. Don't know how to play the games? Give us a call and we'll set up a time to teach you.



## Train Extravaganza and Lunch

Saturday and Sunday

August 15 & 16

9:00 a.m.–3:00 p.m.

Fond du Lac Society of Model Railroad Hobbyists



Come experience the magic of model railroads! Several tracks will be running on displays in 3 rooms at the Senior Center. An event sure to be enjoyed by children and adults alike.

**Lunch and Snacks will be available.**

Stop by the kitchen for a snack or lunch. Soda, water, chips, popcorn, hotdogs, brats and burgers will be available for purchase. Proceeds benefit Friends of the Fond du Lac Senior Center.

**Lunch Sponsors:**

Sat., August 15—This 'n That Gift & Craft Shoppe  
Sun., August 16—Senior Center Pool League

**Volunteers needed to grill and serve food.  
Call 322-3630 if you can help!**

## The Writing Group

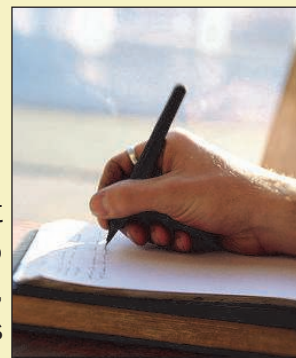
Fridays at 1:00 p.m.

September thru May

(no meetings in summer)

The Writing Group's first meeting of the Fall 2015 season will be Friday, September 11. Members write a few paragraphs each week relating their personal memories and experiences of times past or current. There are no critiques, just a sharing of thoughts and feelings on paper.

New members are always welcome. A donation of .50 cents for the Senior Center is collected from each member weekly. Members take turns bringing a dessert for refreshments following the meeting.





# Programs & Activities

Anyone interested in playing

## Euchre?

We would like to get a group together to play weekly.



If interested, join us at the Senior Center on Friday, August 7<sup>th</sup> at 1:00 p.m.

*Come learn about*

## Cold Laser Therapy

**Thursday, September 10<sup>th</sup> at 1:00**

**Dr. Vickie Goldapske with Dynamic Chiropractic**

Cold Laser Therapy is a treatment that utilizes specific wavelengths of light to interact with tissue and is thought to help accelerate the healing process. It can be used on patients who suffer from a variety of acute and chronic conditions in order to help eliminate pain, swelling, reduce spasms and increase functionality.

Some of the conditions that may typically be treated by cold laser therapy include:

- \* Arthritis pain
- \* Carpal tunnel syndrome
- \* Knee pain
- \* Tendonitis
- \* Back pain
- \* Fibromyalgia pain
- \* Neck pain
- \* Plantar fasciitis

Learn more about Cold Laser Therapy at this presentation. To register, call Center at 322-3630.

## Pool League Meeting

Friday, August 21  
10:00 a.m.

Senior Center room 2/3

*All pool players are encouraged to attend.*

- **8-Ball League:**  
2-man teams, Tuesday mornings
- **9-Ball League:**  
1-man teams, Wednesday mornings

If you would like to participate in the pool leagues this fall but are unable to attend the meeting, please sign up on the pool room bulletin board.



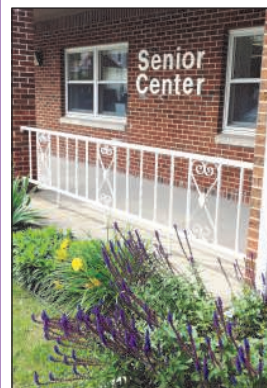
## National Senior Citizens Day

Friday, August 21  
11 a.m.—1:30 p.m.

We're celebrating the day and showing our appreciation for all the achievements and contributions seniors make to our community!

Enjoy entertainment by The Rascals from 12:00—1:00 p.m., Sloppy Joes, pickles, chips, cake, coffee and lemonade.

This event is free but donations are appreciated. Call 322-3630 before Friday, August 14 to register.



## September is National Senior Center Month

*Celebrate LIFE at Your Senior Center!*

**Learning**—expand your knowledge

**Independence**—live on your terms

**Friends**—Enjoy life

**Energy**—Discover health and vitality

Help us showcase everything our Center has to offer during the month of September. We have lots of special programs, events and activities planned. Be sure to bring a friend and try something new!

Watch for more details in September's newsletter.

# Programs & Activities



## Artist of the Month

**August: Shirley Gurath**

An "Artist of the Month" is being featured in the east lobby at the Senior Center. One artist a month displays a work of art, along with an Artist Statement and bio. Check out the talent we have here!

Remember to turn in your raffle tickets for a chance at over \$4,000 in cash and prizes!



## August Senior Center Community Performance Schedule



Enjoy a performance with a loved one at one of these August performances:

- August 12: Handchime Choir—Grancare Nursing, 10:00 a.m.
- August 13: Handchime Choir—Hope Health, Lomira 10:00 a.m.
- August 19: Handchime Choir—St. Agnes Day Care, 10:30 a.m.
- August 20: Handchime Choir—St. Francis Home, 10:00 a.m.



## SCRAPBOOK CROPS

**Saturday, August 22; 9 a.m.—9 p.m.**

To register, contact Colette Jaeger at 920-602-2486.

**Saturday, October 31; 9 a.m.—9 p.m.**

To register, contact Kim Wagner at 920-517-1108.

## Senior Safety Day 2015

**Friday, August 28  
9:00—11:00 a.m.**

**Fond du Lac Senior Center**



**Informational Booths 9:00—10:00 a.m.**

### Presentations

- 10:00 a.m. Julie Hilbert, Fond du Lac County Senior Services
- 10:30 a.m. Officer Steve Olson, Fond du Lac Police Department
- 9:00—11:00 a.m. CarFit by appointment only



Discover your perfect "fit." Attend a FREE CarFit Checkup! CarFit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle "fit" them to increase safety and mobility when they hit the road.

Review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints.

Each checkup takes about 20 minutes—this is not a driving test or mechanical inspection.

*To schedule your 20-minute CarFit appointment, please stop at the desk or call the Senior Center at 322-3630.*



## RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER  
OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.

### Red Hat Honey's Anniversary Party

**Thursday, September 17**

**1:00—2:30 p.m. at the Senior Center**

*(also general meeting to follow-up on April 29 meeting)*

Anniversary cake and drinks will be served.

### Umbrella Brigade News



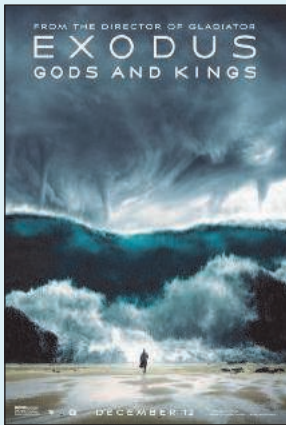
The ladies are looking for new hoofers to share their talents while entertaining the community.

Call Lucy Redman at 924-2367 for more information

Please sign up at the front desk where additional  
8 information is available.



# Programs & Activities - Movie



## "Exodus, Gods and Kings"

**Two showings: Thursday, August 6 and Wednesday, August 26**

**11:45 a.m. Lunch (optional); 12:30 p.m. Movie**

**August 6 Menu:** Pepper steak, au gratin potatoes, summer blend vegetables, birthday cake, plum halves, dinner roll

**August 26 Menu:** Meatloaf, baby red potatoes, carrots, applesauce, cookie, sliced bread

2014 movie; Action/Adventure/Drama; 2 hr 30 mins; PG-13; Starring: Christian Bale, Joel Edgerton, Ben Kingsley

The defiant leader Moses rises up against the Egyptian Pharaoh Ramses, setting 600,000 slaves on a monumental journey of escape from Egypt and its terrifying cycle of deadly plagues.

**Register for lunch and movie separately.** Call Senior Services at 929-3937 before 1 p.m. on the day before the lunch will be served. Call the Senior Center at 322-3630 to register for the movie. The movie is free and open to the public. Free popcorn and refreshments will be served. *If you register to attend but are unable to come, please call to let us know.*

**Thanks to Moraine Park Technical College for sponsoring movies at the Senior Center and Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.**

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# Health & Wellness



## TAI CHI

Tai Chi has value in treating or preventing many health problems. The next session will **begin on Aug. 25** and end on Oct. 13. Classes meet **Tuesday mornings**

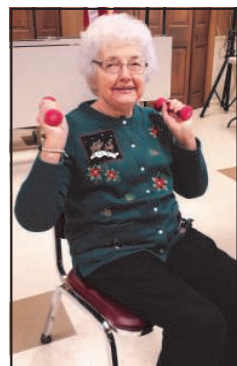
from 9—10 a.m. The cost is \$45 for eight weeks. Participants should wear loose, comfortable clothing and tennis shoes. Friends membership is required. For more information, please call 322-3630.

## August Bike Ride

Join us on **Tuesday, August 11 at 10 a.m.** at the Fairgrounds swimming pool parking lot on **Martin Avenue** to ride the 151 Bike Trail to **Peebles** stop/go lights and back to the fairgrounds. This ride is about 10-12 miles and is on paved trails. Please call 322-3630 to register. 50¢ Donation. Cancellations on ride day call Caroline at 922-3561. Rain Date: August 18.



## Exercise Classes



### LOW IMPACT CHAIR EXERCISE

With Jaime Roth

**Mondays 9:00 – 9:30 a.m.**

Sponsored by

**All About Life Rehabilitation Center  
Men and Women Welcome!**

### CHAIR EXERCISE VIDEO

**Wednesdays 9:45 —10:15 a.m.**

Sponsored by **Lutheran Homes and Health Services**

## OTHER EXERCISE

**Hikers** .....Tuesday & Thursday, 9 a.m.

**Line Dancing**....Thursdays 6—7:30 p.m.; \$10/ 4 weeks

**Beginning Line Dance**...Thursdays 8:30—10 a.m.; \$7.50/ 3 weeks

**Water Exercise** ..... Daily 8 a.m. at the Aquatic Center \$3.75 per session

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by: Generations Home & Hospice

**Friday, August 14; 9—10 a.m.** 2nd Friday of the month

No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

**Friday, August 14; 9—10 a.m.** 2nd Friday of the month

No appointment needed. Donations accepted. 12-hour fast required.

### CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

**Tuesday, November 10; from 8:30—11 a.m.**

2nd Tuesday in May & November

Cost: \$25; Call 322-3630 for appointment. 12-hour fast required

### FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department; **Cost: \$25**

**Thursday, August 13, 20, 27.** Call 322-3630 for an appointment.

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

**Friday, August 14; from 8:30—10 a.m.**

FREE Hearing Screenings and FREE Hearing Aid Cleanings  
Call 322-3630 for appointment. Donations accepted.

### MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

**Renee Waters**, Certified Massage Therapist & Naturopath;  
Owner of Country Doctor

**Tuesday, August 25; 10 a.m.—2 p.m.**

Usually 4th Tuesday of the month

Cost: \$20 for 30 minute session; call 322-3630 for appointment.

### VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

**Tuesday, November 10; from 8:30 — 11 a.m.**

2nd Tuesday in May & November Cost: \$45.

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

**Thursday, August 27; 6:30—8:00 p.m.** (4th Thursday)

Fond du Lac Senior Center, 151 E. First Street ~ Room 4

### DIABETIC SUPPORT GROUPS

**Tuesday, August 18; 4:00—5:00 p.m.** (3rd Tuesday)

Aurora Health Care Center, 210 American Drive ~ American Room

### GLUTEN FREE SUPPORT GROUP

**Tuesday, September 15; 6:30 —7:30 p.m.**

Fond du Lac Senior Center, 151 E. First Street

### PARKINSON'S SUPPORT GROUP

**Monday, August 10; 10:00—11:00 a.m.** (2nd Monday)

Aurora Health Care Center, 210 American Drive ~ American Room

### PROSTATE CANCER SUPPORT GROUP

**Tuesday, August 11; 8:30 a.m.** (2nd Tuesday of the month)

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Dr.



# Health & Wellness

## ASSERTIVENESS

**Tuesday, August 18; 3:15—4:15p.m.**

Come and join this month's discussion group facilitated by Andrea Mitchell, Older Adult Counselor with Lutheran Social Services.



Assertiveness is the healthy place between being aggressive and being a doormat. Learn how to be assertive at this month's discussion group.

For more information or to register for this group discussion, please call 322-3630. Walk-ins are welcome.

## August is National Eye Exam Month

You may think you have healthy eyes and have no symptoms of vision problems, but if you are between the ages of 40 and 65, you should have your vision checked every 2-4 years; and at 65+, every 1-2 years. Some individuals may have a family history of eye disease or a chronic illness that can affect your vision. This puts you at a greater risk of vision problems, and therefore it is vital that you get your eyes checked more often than most.

Seniors are prone to blurred vision, eye irritation and more. Symptoms like this occur because the muscles in the eye become weaker. Consult your doctor if you experience: blurred vision with glasses, extremely sensitive to light, consistent eye pain, red eyes, burning sensation, constant watering, or black spots in your sight.

## HIKERS

Join our hikers on Tuesday and Thursday mornings at 9:00. We also often eat out after a hike. Please join us!

For more information and hiking locations, call Ruth at 921-7192 or JoAnn at 922-2068.



*Learn to be healthier and more active*

## FONDY 5210

**Thursday, August 6  
10—11 a.m.**

*Presented by Heather Schmidt, DO  
Fond du Lac Regional Clinic West*



Dr. Schmidt is passionate about helping people gain the necessary tools to enjoy healthier lives. Join her for **FONDY 5210**, a program designed to help Fond du Lac County residents live healthier, more active lives.

Every day aim for:

- **5** servings of fruits & vegetables
- **2** hours or less of screen time
- **1** hour or more of physical activity
- **0** sugar sweetened drinks



**To register for this free presentation, please call 322-3630.**

# Senior Outreach Program

*Reaching Out – Touching Lives*

## Community Cares

Volunteers will visit **Harbor Haven Health & Rehab, 459 E. First Street, Tuesday, August 25, from 2 to 3 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.** If you would like to participate or have questions, call 322-3630. Sharing an hour of your time can make a difference in the life of a senior.



## Senior Outreach Program

Outreach Volunteers will meet on **Thursday, August 6, at 9 a.m.** to provide each other support, address any concerns and share success stories. **At 10:00 a.m. you are invited to join Dr. Heather Schmidt, DO with Fond du Lac Regional Clinic West for a presentation on FONDY 5210**, a simple program designed to help Fond du Lac County residents live healthier, more active lives.

**The Senior Outreach Program is funded in part by:**

Friends of the Fond du Lac Senior Center  
Fond du Lac County Department of Community Programs  
Fond du Lac Area United Way; Fond du Lac Area Foundation

# August

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>3</b> 9:00 National Watermelon Day 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Ladies Golf League at Oakgreen Par 3 12:30 Beginning Drawing & Watercolor 1:00 Poker 1:15 Sheephead 4:30 TOPS #1159		<b>4</b> 9:00 Hiking 9:00 Tai Chi 9:00 Skat 9:00 Craft Shop Consignor Intake 9:00 MPTC Computer Basics 4 10:00 Acrylic & Oil Painting Class 12:30 Bridge 1:00 Bingo Sponsored by Manor Care 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 5:30 Senior Dining at Wendt's 6:00 Winnebago Woodworkers at Horace Mann High School Happy Travelers—Memories Dinner Show "Those Crazy Ladies"		<b>5</b> 8:30 SCAMP 9:00 Hand Chimes 9:00 MPTC Computer Basics 4 9:45 Video Chair Exercise 12:00 Canasta 12:00 Hand & Foot 1:00 MPTC Apple iPad Basics 1:15 Sheephead 7:30 Wed Night Dance		<b>6</b> 9:00 Hiking 9:00 Senior Outreach 9:00 Foot Care 9:00 Hand Chimes 9:00 MPTC Computer Basics 4 10:00 SpeakerHeather Schmidt, DO Healthy Living—Fondy 5210 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 ROMEO's -Pizza Ranch 12:30 Movie-"Exodus, Gods & Kings" 12:30 Bridge 1:00 Flying Geese Quilters 1:30 Bunco 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook Club		<b>7</b> 8:00 Coffee & Conversation 1:15 Sheephead 8 Saturday 9 Sunday	
<b>10</b> 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Ladies Golf League at Oakgreen Par 3 10:00 Scrabble 12:30 Beginning Drawing & Watercolor 1:00 Poker 1:15 Sheephead 4:30 TOPS #1159 6:30 FDL Area Writers Club		<b>11</b> 9:00 Hiking 9:00 Tai Chi 9:00 Skat 9:00 Craft Shop Consignor Intake 9:00 MPTC Computer Basics 5 10:00 Acrylic & Oil Painting Class 10:00 Bike Ride-151 Bike Trail (Meet At Fairgrounds Pool Parking Lot) 12:30 Bridge 1:00 Bingo 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 5:30 Senior Dining at Capone's 6:00 Winnebago Woodworkers 6:00 Coin Club		<b>12</b> 8:30 SCAMP 9:45 Video Chair Exercise 10:00 Hand Chimes at Gran Cafe 12:00 Hand & Foot 1:00 MPTC Apple iPad Basics II 1:15 Sheephead 7:30 Wed Night Dance		<b>13</b> 8:30 Beg. Country Line Dance 9:00 Hiking 9:00 Foot Care 9:00 MPTC Computer Basics 5 10:00 Hand Chimes at Hope-Lemira 10:00 Scrapbooking 10:00 Beginning Bridge 12:30 Bridge 1:30 Bunco 5:45 TOPS #0566 6:00 Country Line Dancing 7:00 Sunset Stitches Packer Day-Wear your Green & Gold		<b>14</b> National Creamsicle Day 8:00 Finding Your Way Home 8:30 Hearing Screening/Hearing Aid 9:00 Cleaning 9:00 Health Screenings 1:15 Sheephead 15 Saturday 9:00-3:00 Train Extravaganza 16 Sunday 9:00-3:00 Train Extravaganza	
<b>17</b> 9:00 National Cupcake Day 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Book Club 9:30 Ladies Golf League at Oakgreen Par 3		<b>18</b> 9:00 Hiking 9:00 Tai Chi 9:00 Skat 9:00 Craft Shop Consignor Intake 10:00 Mixed Media Art Class		<b>19</b> 8:30 SCAMP 8:30 MPTC Setting up a Facebook Profile 9:45 Video Chair Exercise		<b>20</b> 8:30 Beg. Country Line Dance 9:00 Hiking 9:00 Hand Chimes at St. Francis 9:00 Foot Care		<b>21</b> National Hug Your Boss Day 8:30 SCAC 10:00 Pool League Organization Mtg 11:00 National Senior Citizens Day Food and Entertainment	



<p><b>Oakgreen Par 3</b></p> <p>12:30 Beginning Drawing &amp; Watercolor</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>4:30 TOPS #1159</p>	<p>10:00 Acrylic &amp; Oil Painting Class</p> <p>10:00 Happy Travelers Preview—Holland</p> <p>12:30 Bridge</p> <p>1:00 Bingo Sponsored by Lake View Place</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing &amp; Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p>5:30 Senior Dining at Blanck's Lake Aire</p> <p>6:00 Winnebago Woodworkers at Horace Mann High School</p>	<p>10:30 Hand Chimes at St. Agnes Day Care</p> <p>12:00 Hand &amp; Foot</p> <p>12:00 Canasta</p> <p>1:15 Sheephead</p> <p>7:30 Wed Night Dance</p> <p>Happy Travelers—North Star Casino and dinner at Schwarz's</p>	<p>10:00 Scrapbooking</p> <p>10:00 Beginning Bridge</p> <p>12:30 Bridge</p> <p>1:00 When I'm 65</p> <p>1:30 Bunco</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:00 Chartastics Scrapbook</p>	<p>1:15 Sheephead</p> <p>5:00 Supper Club at Players</p> <p>5:00 social, 5:30 dinner</p> <p>6:00 Scrapbook Crop</p> <p>Packer Day—Wear your Green &amp; Gold</p> <p>22 Saturday</p> <p>9:00 Scrapbook Crop</p> <p>23 Sunday</p> <p>24 Happy Travelers—Mt. Rushmore, Badlands &amp; Black Hills of SD Return Aug. 29</p>
<p>24 Newsletter Assembly</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>9:00 MPTC Computer Basics 1</p> <p>9:30 Ladies Golf League at Oakgreen Par 3</p> <p>10:00 Scrabble</p> <p>12:30 Beginning Drawing &amp; Watercolor</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>4:30 TOPS #1159</p>	<p>25 National Whiskey Sour Day</p> <p>8:30 MPTC Connecting on Facebook</p> <p>9:00 Hiking</p> <p>9:00 Tai Chi</p> <p>9:00 Skat</p> <p>9:00 Craft Shop Consignor Intake</p> <p>10:00 Acrylic &amp; Oil Painting Class</p> <p>10:00 Massage</p> <p>12:30 Bridge</p> <p>1:00 Bingo</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing &amp; Watercolor Class</p> <p>2:00 Community Cares at Harbor Haven</p> <p>3:00 Mixed Media Art Class</p> <p>5:30 Senior Dining at Pizzaville</p> <p>6:00 Winnebago Woodworkers at Horace Mann High School</p>	<p>26 SCAMP</p> <p>8:30 Hand Chimes</p> <p>9:00 MPTC Computer Basics 1</p> <p>9:45 Video Chair Exercise</p> <p>12:30 Movie—"Exodus, Gods &amp; Kings"</p> <p>12:00 Hand &amp; Foot</p> <p>1:15 Sheephead</p> <p>7:30 Wed Night Dance</p>	<p>27 Beg. Country Line Dance</p> <p>9:00 Hiking</p> <p>9:00 Foot Care</p> <p>9:00 Hand Chimes</p> <p>10:00 Beginning Bridge</p> <p>12:30 Bridge</p> <p>1:00 SALT/TRIAD</p> <p>1:00 Candy Bar Bingo</p> <p>1:30 Bunco</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p>	<p>28 National College Colors Day</p> <p>9:00 Senior Safety Day</p> <p>9:00 Friends Board</p> <p>1:15 Sheephead</p> <p>Packer Day—Wear your Green &amp; Gold</p> <p>29 Saturday</p> <p>30 Sunday</p>
<p>31 National Trail Mix Day</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>9:00 MPTC Computer Basics 1</p> <p>9:30 Ladies Golf League at Oakgreen Par 3</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>4:30 TOPS #1159</p>	<p>Outdoor Game Equipment available to reserve and play at the Center.</p>   <p>Billiard Room open daily for open Pool. Pool League starts in Sept.</p>	<p><b>LET'S DO LUNCH!</b></p> <p>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served <b>Monday—Thursday at 11:45 a.m.</b>, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is Senior Dining required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: <a href="http://fdlseniorcenter.com">fdlseniorcenter.com</a></p>  <p>Fellowship, Food &amp; Fun</p>	<p><b>OFFSITE SUPPORT GROUPS</b></p> <p>8/11 8:30 Prostate Cancer Support Group—Rolling Meadows Family Restaurant</p> <p>8/10 10:00 Parkinson's Support Group—Aurora Health Care at St. Agnes</p> <p>8/18 6:00 Diabetic Support Group at Aurora Health Care Center</p> <p>8/18 4:00 Diabetic Support Group at Aurora Health Care Center</p> <p><b>** All Orange Events are held Offsite</b></p>	<p>1:15 Sheephead</p> <p>5:00 Supper Club at Players</p> <p>5:00 social, 5:30 dinner</p> <p>6:00 Scrapbook Crop</p> <p>Packer Day—Wear your Green &amp; Gold</p> <p>22 Saturday</p> <p>9:00 Scrapbook Crop</p> <p>23 Sunday</p> <p>24 Happy Travelers—Mt. Rushmore, Badlands &amp; Black Hills of SD Return Aug. 29</p>

# Classes

**WE'VE GOT CLASS! REGISTER NOW!**



MORAINÉ  
PARK  
TECHNICAL COLLEGE



**The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held at the Senior Center, are taught at a relaxed pace and are open to ALL ages.**

**HOW TO REGISTER:** Register at MPTC in person (use the C-1 Entrance) or by phone at **922-8611**. Classes often fill fast—early registration is recommended!

Today, web-savvy seniors are embracing email, blogs and the whole world of information at their fingertips. In fact, people over 60 are the fastest growing segment of computer and internet users. Join them! If you don't know how to use a computer or want to enhance your skills, these classes are for you! There's nothing like the Web for keeping people connected. Don't let the world pass you by!

## MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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# COMPUTER BASICS 1

103-483-20078	M, W	Aug 24, 26, 31, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$36.60
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Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information. Text book optional.

## COMPUTER BASICS 2

103-485-20138	M, W	Sept 9, 14, 16	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$36.60
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Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized. Text book optional.

## COMPUTER BASICS 3

103-490-20156	M, W	Sept 21, 23, 28	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$36.60
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Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2. Text book optional.

## BASIC MICROSOFT EXCEL

103-453-20144	R	Sept 10, 17, 24	3 days	1:00-4:00 p.m.	9 hours	K. Beaman	\$4.50	\$36.60
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Learn electronic spreadsheet software. Focus on planning and creating a spreadsheet and entering text, values, formulas and functions onto a worksheet. Create and edit charts, and sort and file data. Use drawing tool bar features. Textbook recommended

## PINTEREST INTERESTS

103-670-21389	T	Sept 22	1 day	9:00 a.m.—Noon	3 hours	A. Mielke	\$20.55	\$25.90
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Pinterest is a virtual online pin board that is a fun way to discover new things and get inspiration from people who share your interests. Find, share, and organize events, home decorating projects, recipes, crafts, inspirational quotes and more. This course is designed for beginning users as well as those who already have a Pinterest account.

## CONNECTING ON FACEBOOK

103-679-21377	T	August 25, 2015	1 day	8:30 a.m.—12:30 p.m.	4 hours	M. Aleithe	\$20.55	\$25.90
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Now that you have a Facebook account, you will want to connect with your family and friends, upload pictures, understand newsfeeds, and more. We'll teach you how to find friends and share your favorite photos with others.



# Classes

## APPLE iPad BASICS

103-611-21448	W	Sept. 23, 2015	1 day	9:00 a.m.—noon	3 hours	A. Mielke	\$20.55	\$25.90
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Explore the basic functions and features of iPads. Learn the various uses for an iPad and what this tablet device can offer to you. This class is intended for people wanting to learn about the iPad and also for beginner users. Bring your iPad to class.

## APPLE iPad BASICS II

103-613-21446	W	Sept. 30, 2015	1 day	9:00 a.m.—noon	3 hours	A. Mielke	\$20.55	\$25.90
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Boost the usage of your iPad by expanding on the information you learned in the Apple iPad Basics course. This class is a continuation of the first course and will take you deeper into the iPad while reinforcing the things you have had a chance to practice. Bring your iPad to class.

## INTRODUCTION TO TWITTER

103-683-21447	W	Sept. 30, 2015	1 day	9:00 –11:00 a.m.	2 hours	S. Markfort	\$12.53	\$15.20
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You see it everywhere: on television, in commercials and on websites. But what is a hashtag? This class will walk you through the basics of Twitter from setting up an account, making a “tweet,” learning how to “follow” someone and, finally, getting your own followers. Other topics will include how to link Twitter to your Facebook account, using Twitter for fun and business, and alternatives to the standard Twitter interface.



Keep up with Senior Center news and activities, like us on Facebook!

## FOR RENT – ELDERLY HOUSING

**One Bedroom Units • Rent based on Income  
No Asset Limitations**

### Westnor Apartments at 653 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Fond du Lac County Nutrition Program meal site 5 days a week
- Nursing services available to residents free one day a week
- All utilities included in rent, Free on site parking
- Close to Forest Mall, etc. On City bus route

### Grand Court Apartments at 630 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free one day a week
- All utilities included in rent except electricity, Free on site parking
- Close to Forest Mall, etc. On City bus route

### Heather Meadows Apartments at 235 Winnebago Street, N Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free twice a month
- All utilities paid except electricity
- Free on site parking

### Rosalind Apartments at 15 North Marr Street, Fond du Lac

- Must be near elderly, elderly (50+) or disabled
- Air conditioned hallways and Community Room
- Large TV for resident use in Community Room
- Nursing services available to residents free one day a week
- All utilities included in rent
- Close to downtown, hospital, clinics, churches; on City bus route

**For more information call: Fond du Lac Housing Authority  
929-3107 extension 102 • Monday – Friday 8:00 AM – 4:30 PM**

## NORTHGATE SENIOR APARTMENTS

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Fond du Lac, WI**


# Classes

## ART & RECREATION CLASSES

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Weeks	Cost
Acrylic & Oil Painting	Tues	10—noon	4	\$16
August 4, 11, 18, 25; Sept. 1, 15, 22, 29				
Drawing & Watercolor	Tues	1-3 p.m.	4	\$16
August 4, 11, 18, 25; Sept. 1, 15, 22, 29				
Beginning Drawing & Watercolor	Mon	12:30-2:30 pm	4	\$21
August 3, 10, 17, 24				
Mixed Media	Tues	3-4:30 p.m.	4	\$16
August 4, 11, 18, 25; Sept 1, 15, 22, 29				
Country Line Dancing	Thurs	6—7:30 pm	4	\$10
August 6, 13, 20, 27; Sept 3, 10, 17, 24				
Beg. Country Line Dancing	Thurs—August Sat—Sept.	8:30—10 am—August 10:00-11:30 am—Sept	3	\$7.50
August 13, 20, 27; Sept 5, 12, 19				
Open Sewing Lab	Wed	3:30—6:30 p.m.	4	\$15
Sign up any time for next class: October 7, 14, 21, Nov. 4				
Singing—starting in September	Tues	10-11 a.m.	6	\$25

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\*DISABILITY BENEFIT SPECIALIST  
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\*OPTIONS COUNSELING AND LONG TERM CARE  
\*INFORMATION ABOUT ELDER ABUSE/NEGLECT

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(920) 929-3466 OR 1-888-435-7335  
adrc@fdlco.wi.gov

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# Programs & Activities

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

## BINGO

50¢ for 2 cards

**Tuesdays at 1:00 p.m.**

*Thanks to our Bingo Sponsors who provide prizes, treats, and caller.*

1st Tuesday (odd months): TBA

1st Tuesday (even months): ManorCare

2nd Tuesday (even months): TBA

2nd Tuesday (odd months): Azura Memory Care

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Lake View Place

4th Tuesday (odd months): Hospice Advantage

4th Tuesday (even months): TBA

5th Tuesday: TBA

## BOOK CLUB

**3rd Monday at 9:30 a.m.**

**Sept. 21** *Save Me* by Lisa Scotoline

No meeting in August.

*Book synopses available at front desk.*

## BRIDGE

\$1 donation

**Tuesdays: 12:30 p.m.**

*For information or to play, call Arlene Love at 922-5668.*

**Thursdays: 10:00 Beginners**

*(subs needed)*

**Thursdays: 12:30 p.m. Advanced**

*For information or to play, call Judy Rupp at 920-477-3021.*

## CANASTA

**1st & 3rd Wednesdays at 12:00 p.m.**

## CHORUS

*Red Hat Honeys (Starting again in Sept.)*

## COIN CLUB

**2nd Tuesday at 6:00 p.m.**

## DANCES

\$4.00 fee

**Wednesdays at 7:30–9:30 p.m.**

Call MaryAnn at 920-960-5850 for info.

## GERMAN CLUB

**Mondays at 1:00 p.m.**

*Starting again in September*

## HAND & FOOT (Card Game)

**Wednesdays at Noon**

## HANDCHIME CHOIR

**Wednesdays & Thursdays at 9:00 a.m.**

## JOURNALING

**4th Thursday at 10 a.m.**

*(Starting again in Sept.)*

## MODEL RAILROAD HOBBYISTS

**2nd Sunday at 6:00 p.m.**

## POKER

**Mondays at 1:00 p.m.**

## POOL

Open Pool daily

Leagues

**8-Ball Tuesdays (starting in September)**

**9-Ball Weds. (starting in September)**

## QUILTING

*Flying Geese Quilting Club*

**1st Thursday at 1 p.m.**

*Call Nancy at 923-4494 for information.*

*Sunset Stitchers Quilt Guild*

**2nd Thursday at 7:00 p.m.**

*Call Laura at 923-1693 for information.*

## RED HAT HONEYS

Various activities include Chorus, Good Deed Gals, Umbrella Brigade, and more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is available at the front desk for anyone to pick up. Just ask for it!

## ROMEOS

*All men are welcome to join the*

*"Retired Old Men Eating Out" for lunch...*

*You don't have to be retired (or old) to*

*join in on the camaraderie and fun!*

**Thursday, August 6 at Pizza Ranch**

**Call the Center to pre-register!**

## SCAMP

(Senior Center Band)

**Wednesdays at 8:30 a.m.**

## SCRAPBOOK CLUB

**First three Thursdays at 10:00 a.m.**

## Char-tastic Crafters

**1st & 3rd Thursday from 6–8 p.m.**

## SHEEPSHEAD

\$1.50

**Mondays at 1:15 p.m.**

*Jack of Diamonds*

**Wednesdays and Fridays at 1:15 p.m.**

*Black Queens*

## SKAT

**Tuesdays at 9:00 a.m.**

## STITCHERY

**Tuesdays at 1 p.m.**

## SUPPER CLUB

*Dutch Treat. Everyone welcome!*

**You MUST call the Senior Center if attending.**

**Friday, August 21**

**Player's**

Social: 5:00 p.m.; Dinner: 5:30 p.m.

## TOPS (Take Off Pounds Sensibly)

**Chapter #1159**

**Mondays at 4:30 p.m.**

**Chapter #0566**

**Thursdays at 6:00 p.m.**

## WII BOWLING

Open Bowling by request—call to reserve day

**Fridays at 12:30 and 1:45 p.m.**

League Play (September–April)

Subs also needed for league play

## WINNEBAGO WOODWORKERS

**2nd Tuesday from 6:00–8:00 p.m.**

General meeting held at the FDL Senior Center

**Other Tuesdays from 6:00–8:00 p.m.**

Workshop meetings at Horace Mann High School, North Fond du Lac.

*Call Dave Jackson at 923-5233 for more info.*

## WOODCARVERS GROUP

**Mondays at 9:00 a.m.**

## WRITERS GROUP

**Fridays at 1:00 p.m.** (starting up again in September)

*The Memories Writers meet to share and preserve life experiences and family history.*

*New members welcome!*

# Classes

## BEGINNING YOGA

Thursdays, Sept. 3, 10, 17, 24,  
Oct. 1, 8  
10:30—11:30 a.m.

Introduces students to all the essentials of yoga. Practice breathing techniques, stretches, and posture. Please bring a yoga mat or blanket.



Instructor: Jeanie McDowell

Cost for the 6-week session:

Age 62 or over—\$28.58, under 62—\$36.60

Course #: 807-600-21235

Register at Moraine Park Technical College in person or call 922-8611 (ask for the registration desk). You will need the course number when you call. Some classes may have limits as to the number of students, so prompt registration is encouraged. Classes held at the Senior Center.

## Singing Class “Express Yourself in Music”

Tuesdays 10:00—11:00 a.m.

Starting in September

Cost: \$25/6 week session

The Singing Class is offered by voice teacher Kathryn Staley-Hamm. Class is aimed at raising the level of your individual singing talent in a group setting. With this basic singing approach technique, you can learn to improve your talent and have fun experiencing different styles of music. Developing your voice can give you the confidence and the opportunity to share your gift with others. For more information view Kathryn's website [www.purevoice.us](http://www.purevoice.us)

To register for this upcoming session, call the Senior Center at 322-3630.



18

### All About Life Rehabilitation Center

*OUR SUCCESS IS A DIRECT RESULT OF YOUR SUCCESS*

Serving the Fond du Lac Community  
with Our Advanced Rehabilitation Unit

*And Our Track Record will Prove It!*

Our ARU provides a personalized approach to your recovery. That is why patients select our center for their short-stay rehabilitation needs following their pre-planned surgeries.

*Our goal is to get you back home safely!*

**All About Life**  
REHABILITATION CENTER

115 East Arndt Street  
Fond du Lac, WI 54935  
920.923.7040  
[www.allaboutlifeskillednursing.com](http://www.allaboutlifeskillednursing.com)

Call to schedule a personalized tour of our Advanced Rehabilitation Unit  
*....helping people live better*

### Twohig Funeral Home

[www.twohigfunerals.com](http://www.twohigfunerals.com)

305 Fond du Lac Ave Fond du Lac 109 W. Main St. Campbellsport  
920-921-0960 920-533-4422

Cost conscience funeral services from full services to cremation  
Robert J. Twohig Casey W. Twohig

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920-933-5550  
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\*some restrictions apply

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[www.hospiceadvantage.com](http://www.hospiceadvantage.com)

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# Thank You

THANK YOU For Advertising  
In Our Newsletter.

*I am patronizing your business because of it!*



# Happy Travelers

**Be a Happy Traveler... *We're going places!***



**Mary Schneider**, Travel Coordinator

**Call 322-3635**

Friends membership is required to travel with the Happy Travelers.  
Membership is \$10 for a single and \$15 for a couple.

*If you would like an itinerary for a day trip, you may pick one up at the Happy Travelers office 4 weeks before the trip.*

**Reminder:** Day trip parking is in the St. Vincent DePaul parking lot located at 330 N. Peters Avenue.

## Upcoming Trips

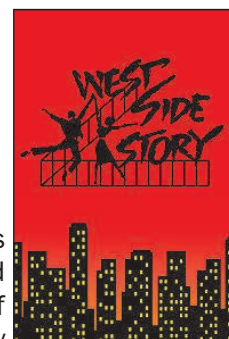
### Join us for these upcoming trips!

- North Star Casino  
Dinner at Schwarz's (included)  
Wednesday, August 19; \$54
- Escape to Door County  
Wed.-Fri., September 9-11; \$409
- West Side Story, Fireside Theatre  
Wednesday, October 7; \$95 (lunch included)
- Keshena Casino Dinner at Jim & Linda's (included)  
Thursday, October 29; \$54
- Dancing Horses/Birds Holiday Show  
Wednesday, November 18; \$90 (lunch included)
- Oneida Casino  
Mystery restaurant (dinner included)  
Tuesday, November 24; \$54
- New Orleans Holiday  
Tuesday-Saturday, December 1-5; \$1595 double
- A Wonderful Life, Fireside Theatre  
Tuesday, December 15; \$95 (lunch included)



### Westside Story

Wednesday, October 7  
FIRESIDE, FORT ATKINSON, WI  
Includes a delicious meal!  
**\$95**



One of the most celebrated musicals comes to The Fireside stage - Leonard Bernstein's musical updating of Shakespeare's most romantic play ROMEO AND JULIET - WEST SIDE STORY. This musical was nominated for six Tony Awards and won a record ten Oscars. It will transport you with its magnificent musical score, its exquisite and exciting dancing, and its heart-warming love story. WEST SIDE STORY is an epic tale of love eternal undiminished by the dangers that surround it. It is a story with a message of hope that rings as clearly today as it ever has.

### New Orleans Holiday

**December 1-5, 2015**

5 days, 7 meals  
\$1,595 per person  
double occupancy  
Milwaukee departure



**Tour Highlights include:** 4 Nights in the French Quarter, French Quarter Walking Tour, French Market, Café du Monde, Steamboat Natchez Cruise, New Orleans School of Cooking, New Orleans City Tour, Garden District, Oak Alley Plantation, Court of Two Sisters Dinner, Celebration in the Oaks

### Dancing Horses/Birds Holiday Show

Delavan  
Lunch Included  
Wednesday, November 18  
**\$90**

This dazzling spectacle features an array of horse breeds who perform alongside their trainers in this fantastic cavalcade of equestrian artistry. Visually stunning, this live show is truly a must-see for all, but especially for horse lovers.







# Happy Travelers

**Be a Happy Traveler... *We're going places!***


## COMING TRIPS for 2016!

### DAY TRIPS:

- |           |   |   |
|-----------|---|---|
| JANUARY   | - LEGENDS IN CONCERT— <i>Fireside</i>                           |   |
| FEBRUARY  | - FASCHING SHOW   |   |
|           | - ONEIDA CASINO & JIM & LINDA'S                                 |   |
|           | - THE BAND OF THE ROYAL MARINES AND THE PIPES, DRUMS, DRUMS AND |   |
|           | HIGHLAND DANCERS OF THE SCOTS GUARDS— <i>Fox Cities PAC</i>     |   |
| MARCH     | - NORTH STAR CASINO & SCHWARZ'S                                 |   |
|           | - CHICAGO FLOWER SHOW   |   |
| APRIL     | - MOTOWN THE MUSICAL— <i>Fox Cities PAC</i>                     |   |
|           | - "CHEESEHEADS"—A Happy Traveler's Exclusive                    |    |
| MAY       | - SISTER ACT— <i>Fireside</i>                                   |   |
|           | - "THE SKY'S THE LIMIT"—A Happy Traveler's Exclusive            |    |
| JUNE      | - BREWER GAME   |   |
|           | - "CRUISIN'" - A Happy Traveler's Exclusive                     |    |
| JULY      | - "HONOR OUR VETERANS"—A Happy Traveler's Exclusive             |  |
| SEPTEMBER | - SINGIN' IN THE RAIN— <i>Fireside</i>                          |   |
| OCTOBER   | - NEW MUSICAL (to be announced)— <i>Fireside</i>                |   |
| DECEMBER  | - FIRESIDE CHRISTMAS  |   |

**AND** THAT'S JUST A START!

### EXTENDED TRIPS:

- |           |  |   |
|-----------|--|---|
| JANUARY   | - HAWAIIAN ADVENTURE                           |   |
| MARCH     | - HOLLAND & BELGIUM TULIP CRUISE               |   |
| APRIL     | - WASHINGTON DC                                |   |
| MAY       | - CHICAGO                                      |   |
| AUGUST    | - "SHIPSHEWANA" - A Happy Traveler's Exclusive |  |
| SEPTEMBER | - COLORADO RAIL ADVENTURE                      |   |
| OCTOBER   | - ALBUQUERQUE BALLOON FIESTA                   |   |
|           | - NEW YORK                                     |   |



*Happy Traveler's Exclusive Trip itineraries are created exclusively for Happy Travelers.*

**WATCH FOR MORE DETAILS COMING SOON.**



# Announcements



## THANK YOU

A special thank you to Carl & Trudy Backhaus of C & T Carpentry for this beautiful pallet flag!



**FARMERS MARKET**

Saturdays May 9—Oct. 31  
8:00-Noon, Main Street  
(Sheboygan to Western)  
Wednesdays June 3—Oct. 28  
11:00 a.m.—3:00 p.m.  
Main Street Plaza  
(Main and Sheboygan)

Stop down for fresh Wisconsin-grown produce, plants, flowers, baked goods, meats and cheese. Crafts, arts, pottery, and other hand-made items are also available.

Heartland presents . . .

## Movie Group



This group will watch movies with related themes in an effort to reflect and connect with our grief.

### Upcoming Movies:

Tuesday, August 18th to view "Everybody's Fine"

Thursday, October 20th to view "The Bucket List"

The movie group starts at 1:30 p.m. at HCR Manor Care, 265 S. National Avenue, Fond du Lac. Our goal is to foster healing and understanding for those who are coping with grief while providing insight and direction. Take this opportunity to meet others, ask questions, or to simply watch and listen.

For more information or to RSVP contact Linda Wein or Dan Krause at 1-800-236-1989.

Heartland   
Enriching life.

## SENIOR DINING

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.



**August 4**      **Wendt's on the Lake**  
**August 11**     **Capone's**  
**August 18**     **Blanck's Lake Aire**  
**August 25**     **Pizzaville**

**A GREAT OPPORTUNITY TO SOCIALIZE  
& MEET NEW FRIENDS!**

For information, please call Max at 920-269-4180.

## TRIAD/SALT MEETING

*(Seniors and Law Enforcement Together)*

**Thursday, August 27**

TRIAD meetings are held at the Fond du Lac Senior Center the 4th Thursday of the month (usually) at 1:00 p.m. They're free to attend and open to the public—all ages welcome. Check out the TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety AND to find out when the next meeting will be.

## S.C.A.C. MEETING

*(Senior Citizens Advisory Committee)*

**Friday, August 21; 8:30 a.m.**

***The public is welcome to attend!***

S.C.A.C. meets the 3rd Friday of every month at 8:30 a.m. at the Fond du Lac Senior Center.

The committee was formed to represent the needs and concerns of senior citizens in our community. They represent the senior citizens in the Fond du Lac community and make recommendations for action by the City Council as appropriate. The committee also serves as a liaison to the County's Commission on aging.

# Services & Reminders



## THIS 'n THAT Craft & Gift Shoppe

OPEN TO THE PUBLIC Monday—Friday, 9 a.m.—4 p.m.  
*Or by appointment evenings & weekends!*

While you're at the Center for the Train Extravaganza, visit the Craft Shoppe on **Saturday, August 15** from **9:00 a.m.—3:00 p.m.**

We have a cute train quilt, Lakeside Park train engine photo, train whistles, wind-up trains and train candy for the kids, plus lots of other goodies for mom, dad, grandma and grandpa, too!

\* Quilts \* Wood Products \* Team Pillows, etc. \* Afghans  
\* Hand-knit Items for Adults and Babies \* Ceramics \* Jewelry  
\* Locally Grown/Produced Food \* Jewelry \* and so much more!

## Reminder. . .

Don't leave your dog in a car. The temperature in a car can double in a matter of minutes. Parking in the shade or opening a window does not stop the temperature from rising. Leave your pets at home.



*"My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is."*

- Ellen DeGeneris

- Free computer/Internet access in the lab & lobby for Friends members only
  - Information or referrals on many senior citizen related topics
  - Car Fit service available by appt.—you can have a perfect fit to your car
  - Photo copies 5¢ each page; FAX send/receive; Laminating available
  - Notary services are available by appointment
  - Document shredder available for your use
  - Income tax assistance (free) during tax season
  - Books, magazines, puzzles, videos available to borrow FREE
  - Weight scale in Health Room
  - Newcomer tour: call for a personal appointment or just stop in
  - Magnified reader is available for the visually impaired or for reading fine print
  - Telephone Reassurance Calls: Mornings (Monday—Friday)
  - This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m.
- Craft Intake held Tuesdays from 9:30 a.m.—noon. Crafters are welcome to inquire about consignment opportunities.**

- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Thursday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

**WE ARE  
HERE  
— TO —  
HELP**



# 2015 Friends Membership Application

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year.

**Please make check payable to: "FRIENDS, INC."**

Fond du Lac Senior Center  
151 E. 1st Street  
Fond du Lac, Wisconsin 54935

**PLEASE PRINT CLEARLY** as all information is entered into the computer by a volunteer.

<b>NAME(s)</b> (both, if couple)	
<b>MAILING ADDRESS</b>	
<b>CITY, STATE, ZIP</b>	
<b>PHONE</b>	
<b>BIRTHDATE</b> (optional)	
<b>E-MAIL</b> (absolutely confidential)	
<b>CITY RESIDENT?</b>	<input type="checkbox"/> City of Fond du Lac <input type="checkbox"/> Other:
<input type="checkbox"/> <b>I'D LIKE TO GO GREEN!</b> <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

## CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (Husband and Wife)

Pick up your **FRIENDS PERKS** coupon booklet at the Senior Center.  
Value: \$50+ Coupons are good January 1—December 31, 2015  
and vary in value. This is a **FREE PERK** for ALL Friends members!

☐ **\$\_\_\_\_\_ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2015 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2015 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2015 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

**TOTAL ENCLOSED** (Utility Donation and Friends Membership can be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues CAN be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

## FOR OFFICE USE ONLY

DATE PAID \_\_\_\_\_ CASH \_\_\_\_\_ CHECK \_\_\_\_\_ CHECK # \_\_\_\_\_

☐ NEW 2015 Member ☐ Renewal Receptionist Initials \_\_\_\_\_

☐ FANATASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100 ☐ UTILITY DONATION: \$  
☐ Received Among Friends Newsletter ☐ Received Happy Travelers Info ☐ Red Hat Dues also paid

☐ Received Friends Perks Coupon Book  
August 2015 Newsletter



## Fond du Lac Senior Center

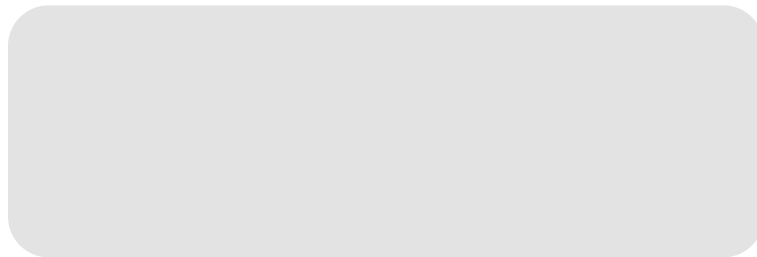
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## FOND DU LAC SENIOR CENTER 920-322-3630

### STAFF

#### DIRECTOR

Cathy Loomans 322-3630  
cloomans@fdl.wi.gov

#### TRAVEL COORDINATOR

Mary Schneider 322-3635

#### WELLNESS COORDINATOR

#### CRAFT SHOPPE COORDINATOR

Pat Lefeber 322-3638

#### BOOKKEEPER

Pat Heyer 322-3639

#### OFFICE ASSISTANT

Katie Fischer 322-3639

#### PROGRAM COORDINATOR

Catherine Halfmann 322-3633

#### MARKETING/FUND COORDINATOR

Joan Brezinsky 322-3640

### FRIENDS BOARD OF DIRECTORS

Kate Barr  
Joanne Bunkelman  
Jerry Gordon  
Robert Katzfey  
Mary Kind  
Vickie Michels  
Charlotte Nelson  
Wally Seibel  
Judi Walters

Fond du Lac Senior Center  
is a member of **WASC**

Wisconsin  
Association of  
Senior  
Centers



### SENIOR CITIZEN ADVISORY COMMITTEE

Ruth Dauterman  
Barbara Lukas, Chair  
Councilman Gary Miller  
Charlotte Nelson  
Ross Purcell  
Dave Redman  
Jaime Roth  
John Silah  
Ruth Smith

### MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

### VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY